**The purpose** of this assignment is **to set personal goals** and **describe** your vision through pictures and words.

**Why Create a Vision Board?**

• they are simple and powerful

• they create a clear image of what success looks like for you

**What does a Vision Board do?**

1. A vision Board helps us to become very clear about what we want.

2. A Vision Board makes your goals visible and keeps them in front of your eyes.

3. A Vision Board reminds you of what you want.

4. A Vision Board allows you to choose your goals.

5. A Vision Board reminds you of what you are working for.

6. A Vision Board keeps you in a positive mood - as you put your attention on it you will

feel yourself receiving what you desire.

7. A vision Board allows you to create a purpose in life.

**How to Create a Vision Board**

• there is no right or wrong way

• start by thinking about goals

**Goals – that are related to YOU and YOU ALONE**

* Personal (weight, hair color, clothes, etc…)
* Family (current relationships, marriage, children, etc…)
* Career (part time job, full time job, career, owning your own business)
* Education (complete grade 12, post-secondary)
* Health (fitness, weight, longevity, etc…)
* Wealth (debt free, the amount of money you want to earn in a week, month or year)
* Relationships (married, friendships, employee, etc…)
* Holidays/Travel (where do you want to go in this world)
* Emotions (how do you want to feel?)
* Location – (where do you want to live?)
* Recreational Activities – (What do you do in your spare time?)

**Steps to complete your Vision Board**

1. List your brain-stormed goals. Use your goal helper sheet

2. Review your list and indicate the number of years it will take to achieve that goal

(ex. 1, 3, 5, or 10 years)

3. Select approximately 15-20 images that best illustrate your above goals or dreams (create a Vision Board folder under “My Pictures” and save images there).Print off images.

4. Create text to describe images, thoughts or feelings.

5. Arrange images on poster or Publisher document in a meaningful manner.